

# Foot and Blister care

*Red text are hyper links to websites*

## Products:

**Moleskin** is a heavy cotton fabric, woven and then sheared to create a short, soft pile on one side. In feel and appearance its nap is similar to felt or chamois, but less plush than velour. The word is also used for clothing made from this fabric, as well as adhesive pads stuck to the skin to prevent blisters.

- **How to use:** Cut Dr. Scholl's® **Moleskin** Plus Padding Roll to desired size & shape with scissors, then remove backing & **apply** to affected area. Do not place directly over blister or broken skin. When using **Moleskin** for blisters or on broken skin – cut a piece to fit surrounding area. *Will need some kind of tape to keep in place –first aid tape, KT tape, duct tape*

**BAND-AID® Brand HYDRO SEAL™ Blister Bandages** Help keep germs out and your body's natural healing power in. Within 24 hours of application, a white bubble will form under the bandage to show that the healing process has begun. These waterproof bandages provide advanced wound care and cushion to help protect blisters. Cushioning provides protection and relief from painful blisters and wounds. Ideal for use on heels, the bandages deliver multi-day protection and stay on even through hand washing and shower. Can be applied to open blisters. Also come in smaller size **Band-Aid Brand Hydro Seal for toes**. *Will need some kind of tape to keep in place –first aid tape, KT tape, duct tape*

**Spenco 2nd Skin Blister kit** similar product as Band-Aid's blister bandages. *Will need some kind of tape to keep in place –first aid tape, KT tape, duct tape*

**KT Tape, first aid tape, duct tape.** Use to hold moleskin, Blister Band-aids or 2nd SkinBlister pads in place. The cotton KT tape seems more breathable. Note it also doubles as sport injury tape. Will need a small collapsible scissors to cut to size, (travel size sewing kits often have one). Alternative to this is duct tape or first aid tape.

# Foot and Blister care

There are hundreds of ways to prevent blisters and care for your feet. You need to find out what works best for you. The following is what to do if you get a blister. If you are diabetic or have poor circulation to your feet, it is recommended you speak with your primary care provider for additional care suggestions.

## 1. For a Hotspot or Blister That Has Not Popped

- If it is a hotspot -painful, red but no fluid, apply moleskin as padding or no moleskin, try vaseline if it is a rubbing/friction type blister
- Try not to pop or drain it. But if/when it has become painful see Step 2 & 3 below
- Investigate the cause -friction, pressure, shoes too tight
- If the blister is in a pressure area such as the bottom of the foot, put a donut-shaped moleskin on it, Band-Aid blister bandage or 2nd Skin bandage. Secure with duct tape, KT tape or first aid tape

## 2. For a Blister That Has Popped

- Wash the area with warm water and gentle soap. Do not use alcohol, hydrogen peroxide, or iodine.
- Smooth down the the skin flap that remains.
- If at the end of the day apply antibiotic ointment to the area and cover the area loosely with a sterile bandage or gauze. Then the next morning, follow next bullet point.
- Got more miles to walk? Apply a Band-aid or 2nd Skin blister bandage or put a donut-shaped moleskin around it. Secure with duct tape, KT tape or first aid tape

# Foot and Blister care

## 3. When to Drain a Blister - To drain a blister that is large, painful, or in an awkward spot

- Wash your hands and then wash the area ( can use soap, hand sanitizer or alcohol swab)
- Sterilize a needle with rubbing alcohol and water or fire by burning the pointy end
- Make a small hole at the edge of the blister. Gently squeeze out the fluid.
- Wash the blister again and pat dry. Don't remove the skin over the blister.
- Smooth down the skin flap.
- If at night/in camp; apply antibiotic ointment and cover the area loosely with a sterile bandage or gauze.
- If still have miles to walk or in the morning; Apply a blister Band-aid, 2nd Skin blister bandage or put a donut-shaped moleskin around it. Secure with duct tape, KT tape or first aid tape

## 4. Follow Up

- If using a blister bandage and still on the trail change the bandage whenever it starts to come off or gets really dirty(Can last up to 3 days)
- Consider cause of the blister - change to clean socks, loosen shoe ties
- Wear thicker socks if it is a pressure blister on the bottom of your foot.
- When off the trail and have a zero/rest day, remove bandage, clean area, put a loose bandage and wear different shoes if at all possible
- See a doctor for signs of infection, including green creamy pus, fever, red or warm skin around the blister, red streaks leading away from blister, **swollen lymph glands**, or increased pain or swelling, or if your last **tetanus shot** was more than 10 years ago.